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In 344
Housekeepers' Chat

Friday, February 14, 1930.

NOT FOR PUBLICATION

Subject: "Chocolate Waffles for Dessert." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes."

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How can a homemaker tell, whether she is a success as a cook? The family's appetite is one indication. If her children are never eager for meals, and her husband looks uninterested whenever the dinner bell rings, she may be sure something is wrong.

The trouble may be in careless cooking. Or it may be monotony in meals. The same menu, day after day, or the same method of preparation deadens even a lively appetite. We need variety in our meals. We can achieve variety by careful planning and by using our imaginations.

The appearance of foods often makes a big difference, in stimulating the appetite. Though garnishes may seem frivolous, they often make all the difference between an appetizing dish or an uninteresting one.

There's another method of stimulating the appetite, learned through the recent study of vitamins. It has been found that Vitamin B stimulates the appetite. Vitamin B occurs abundantly in vegetables, fruits, milk, and whole-grain cereals. For this reason, fruit served at the first of the meal is an appetizer. Vitamin B is lacking in sugar, fats, and highly refined cereals.

The members of the family who are in their teens often have flagging appetites. Their meals should be simple and well-cooked, and attractively served. They should eat fresh fruits, vegetables, milk, whole wheat bread and cereals, and should go easy on candies and pastries.

Before I broadcast the menu, here's a question about the proper color for dining room walls. As we all know, the dining-room should be one of the most cheerful and inspiring rooms of the house. It is the place where the family gathers to enjoy meals together, and nothing insures a better start than having breakfast in a bright and cheerful room.

If the dining-room and living-room are connected by a small door, the walls may be in some light, cloudy landscape paper, or in a small all-over pattern in light cream, buff, gray, tan, or putty color. Blue is not recommended because blue, in large quantities, either in walls or hangings, absorbs the light and makes a room look gloomy.

The next question is about furnishings for a bedroom. The first requisite in furnishing a bedroom is that it appear crisp and clean. The walls, light in color, must be restful and simple in design. The woodwork should be white or ivory, if possible. Painted furniture is very popular for a bedroom because of its dainty appearance, but dull-finished mahogany, walnut, or maple bedroom furniture, in four-post or any colonial design, with rag, braided or hooked rugs, is charming.

A dressing-table is fashionable, but not so practical as a chest of drawers with a mirror above. A full-length mirror, installed in a closet door, or hung in a narrow wall space, is very desirable. Be sure to place the dressing-table or chest of drawers where the light is not reflected from the opposite window. To secure a good view, the light should be directed upon the person to be reflected, and not upon the mirror.

If one bed is used, place beside it a table on which may be placed a lamp, telephone, and small water-bottle and glass. If two beds are used, place this table between the beds.

Washable bedspreads are more desirable than silk. Bedspreads and bureau covers may be made of unbleached muslin, bound with wide bands of plain yellow, blue, and brown -- these colors overlapping one another -- or plain white swiss, dimity, or a ready-cut spread of any novelty washable fabric.

I haven't time this morning to say more about furnishings for the bedroom; perhaps some time soon we can devote a whole program to house furnishings.

The menu for today is somewhat different from the usual dinner menus. We wanted to use Chocolate Waffles for dessert, and when one serves a heavy, starchy-dessert like Chocolate Waffles, the rest of the meal must be rather light. So, the menu reads this way: Cream of Corn Soup, with buttered popcorn instead of croutons; String Bean Salad; and Chocolate Waffles.

I shall give you the recipes for Cream of Corn Soup, and Chocolate Waffles.

First, the Cream of Corn Soup. Eight ingredients, for this tasty soup:

2 cups canned corn	1 tablespoon flour
1 cup water	4 tablespoons butter or other
1 quart milk	fat
1 onion, cut in half	Salt to taste, and Pepper

Eight ingredients: (Repeat).

Combine the corn and the water. Cook for 10 minutes. Stir constantly, to keep it from sticking to the pan. Press the corn through a strainer. Heat the milk and the onion in a double boiler, and thicken with the flour and fat, which have been well blended. Add the corn pulp, salt, and pepper. Heat, remove the onion, and serve. Buttered popcorn makes an interesting substitute for croutons to serve with corn soup.

The Chocolate Waffle recipe contains nine ingredients. Everybody ready to write? Nine ingredients, for the Chocolate Waffles:

2 cups sifted soft wheat flour	3 tablespoons butter
1-1/2 cups milk	2 eggs
1/4 cup sugar	3 teaspoons baking powder
2 squares chocolate, unsweetened	1 teaspoon salt, and
1/4 teaspoon vanilla.	

Nine ingredients: (Repeat).

Mix the dry ingredients. Then add the milk and the egg yolks. Melt the butter and chocolate. Add them to the batter. Lastly, fold in the beaten whites of the eggs. Have the waffle iron hot enough to cook the waffles quickly. As soon as baked, sprinkle with powdered sugar and serve.

Some people have trouble with an electric waffle iron, because the waffles stick to the iron. If your waffles stick, don't grease the iron, but add two extra tablespoons of melted butter to the waffle batter.

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To repeat the menu: Cream of Corn Soup with Buttered Popcorn; String Bean Salad; and Chocolate Waffles.

